


















# FITclass

## PLANNING CORSI

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	ORARIO	SABATO
07:15 - 08:00	 Weight Training	Pilates	HIIT * UPTIVO MATTER OF INTENSITY	Yoga Flex 	Functional TRAINING 	10:00 - 10:45	Pilates
08:00 - 08:45	Weight Training	Yoga Flex 	HIIT * UPTIVO MATTER OF INTENSITY	Pilates		10:45 - 11:30	TBW
						11:30 - 12:15	Fitbox *
12:30 - 13:15		Pilates			Functional TRAINING 	12:15-13:00	HIIT UPTIVO MATTER OF INTENSITY
13:15 - 14:00		G.A.G.	Weight Training	Jump Fit * 	HIIT * UPTIVO MATTER OF INTENSITY	13:00 - 13:45	Weight Training
18:00 - 18:45	Pilates	HIIT * UPTIVO MATTER OF INTENSITY	Jump Fit * 	TBW	Fitbox*		
18:45 - 19:30	TBW	Weight Training		Pilates	G.A.G.		
19:30 - 20:15		Pilates		Jump Fit * 	Functional TRAINING 		
20:15 - 21:00		Jump Fit * 	Weight Training	Functional TRAINING 			
21:00 - 21:45	HIIT * UPTIVO MATTER OF INTENSITY	Functional TRAINING 	Fitbox*				

\* Corsi con controllo del battito cardiaco 